

JG WATCH

CASTAIC LAKE JR. LIFEGUARD PROGRAM NEWSLETTER



**Los Angeles
County
Department
of Parks and
Recreation**

Recovering from a Hot Week!

Last week we had another great week besides not being able to host our annual Jr. Lifeguard Competition. Over the weekend Castaic JGs were able to go down to San Diego and compete in the CSLSA Regional Jr. Lifeguard Championships. We had twelve of our JGs compete in JG events competing against all of the South West Jr Lifeguard Programs. JGs this week will be able to compete in a fun event that will be our very first ever Rubber Ducky Award Competition. We will be having SCV JGs join in some of the fun as well. Wednesday JGs will be going to the Beach for a fun in the sun day at Ventura State Beach.

Schedule Updates

Monday 7/30
Regular Day
Parent Volunteer
Meeting 9am BISC

Tuesday 7/31
FUN Competition with
SCV JGs coming to
play. @ P-Cove
9am-2pm

Wednesday 8/1
Beach Day @ Ventura
7:30 am Drop-Off
3:30 pm Pick-Up

Thursday 8/2
Bring \$4-\$7 @Lunch
*KONA ICE



1

FUN COMP!

Rubber Ducky Prizes for
1st- 3rd! Paradise Cove
9am Parents Encouraged
to come out!

2

BEACH DAY WEDNESDAY!!

7:30 AM DROP - OFF
3:30 PM PICK - UP

3

MACHO GUARD!

1/4 Mile RUN
400 Yard Swim
100 Yard RUN!

Parent Volunteer Meeting on Monday 9am at the BISC. We will be going over what is needed to help out with Competition. We want to thank the parents that came out last week to help us come up with other options for our JGs to still have a chance to have a competition. Thank you!

Summer is winding down with only two more weeks of JGs. Make the best of every day while at Castaic JGs. This week make it a goal to meet someone new. Keep working hard on all your JG skills and try to do something that is out of your comfort zone. Have a great week and GO CASTAIC JGS!!



Weeks Weather Forecast *Castaic and Ventura -Wed*

MON JUL 30		Mostly Sunny	98°/74°
TUE JUL 31		Sunny	100°/73°
WED AUG 1		Sunny Ventura Beach	78°/66°
THU AUG 2		Sunny	99°/72°

Schedule for the Tuesday FUN Competition at Paradise Cove

DIVISION A	DIVISION B	DIVISION C
DISTANCE RUN	DISTANCE RUN	DISTANCE RUN
<i>BEACH FLAGS</i>	RUN- SWIM- RUN	PADDLE RELAY
DISTANCE SWIM	DISTANCE PADDLE	RUN- SWIM- RUN
RESCUE RACE	<i>BEACH FLAGS</i>	SWIM RELAY
SWIM RELAY	PADDLE RELAY	RESCUE RACE
DISTANCE PADDLE	RESCUE RACE	<i>BEACH FLAGS</i>
RUN RELAY	SWIM RELAY	DISTANCE SWIM
RUN- SWIM- RUN	RUN RELAY	DISTANCE PADDLE
PADDLE RELAY	DISTANCE SWIM	RUN RELAY

MESSAGE FROM THE DIRECTOR:

Hello JG Families, we have teamed up with Family Promise of SCV again this year to provide donations for those in need. Family promise is a homeless shelter that helps parents and children get back to a healthy lifestyle. They are looking for the following donations: towels, diapers, laundry & cleaning supplies, hygiene products, shampoo, body soap & toys. Any small donation to help another family in need will be greatly appreciated. Please bring into the JG Office.

Steve Himes aka "Scuba"

Castaic Lake Jr. Lifeguard Program Director

